

March 15 – April 2, 2023

 **inspire**  
**DANCE** Festival

University of Rochester's



**Festival Program**

# 13th Annual inspireDANCE Festival

Note from the Director

*Welcome to the 2023 inspireDANCE Festival*

Celebrating its 13<sup>th</sup> year, the **inspireDANCE Festival** grew out of a simple idea to find a way to connect student dancers with each other, with the Program of Dance and Movement and with the larger dance community in the Rochester area. With well over 1000 students involved in dance and movement groups and classes on the University of Rochester campus today, along with several other excellent local university dance programs and a cohesive community of professional dancers in the Rochester area, inspireDANCE has grown into an opportunity to unify, develop and strengthen the dance community at large. The festival is designed to encourage you to try out as many new dance and movement forms as you desire, and to experience dance as art, expression, performance, community building, and the celebration of diverse cultures.

We are thrilled to be able to carry on with this year's festival and to offer it free and open to the public. To participate in master classes, you must register on the website:

<http://sas.rochester.edu/dan/news-events/inspiredance/index.html>

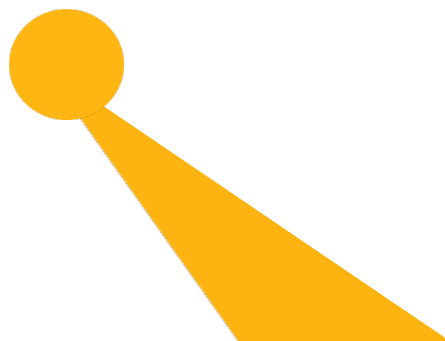
You can also reserve tickets for events on the Eventbrite:

<https://www.eventbrite.com/cc/inspiredance-festival-university-of-rochester-1878369>

or get event/performance tickets at the door first-come, first-serve.

We look forward to learning, moving, dancing and conversing with you!

With gratitude and best wishes for an inspiring experience,  
Missy Pfohl Smith, Director, Program of Dance and Movement



## About inspireDANCE

The inspireDANCE festival was conceived in January 2010 as a project for the Experiential 5 (e5) Program (formerly Kauffman Entrepreneurial Year), a UR program that provides students with an additional fifth undergraduate year to work on an entrepreneurial business venture. KEY student Arielle Friedlander Tannenbaum '10 realized there was a wealth of dance on the UR campus in pods that were somewhat isolated and saw the potential for and value of a united dance community. She, along with Missy Pfohl Smith, then the new Director of the UR Program of Dance and Movement, wanted to give students opportunities to grow as dancers, to broaden their perspectives in dance, to communicate with one other, to share the rich and diverse dance activities that exist at UR and in the Rochester region. The inspireJAM was conceived in 2013 by student Smon Cheewapansri '13, sharing hip-hop culture and breaking with the UR community. Bboys, bgirls and all styles of dancers gather from across the NYS region, to battle for a cash prize, and to defend the inspireJAM title. We were proud to continue this tradition for the 11th year with an All Styles battle, and this year, we proud to be collaborating with RIT's Hip Hop Dance Camp!

## Student Showcase Spectacular

**Thursday, March 23 at 8pm**

***Organized by UR Dance Council***

**Featuring UR's Student Dance Groups including:**



*Bhangra      Salseros  
Sihir Belly Dance Ensemble*



*RICE Crew  
UR Celtic*



*Royals Dance Team  
BPG*

*Phoenix Fire  
Indulgence*

## *inspireDANCE Full Schedule 2023*

### WEDNESDAY, MARCH 15

11:50am-1:05pm	Intermediate/ Advanced Ballet	A. Olivieri*	O'Brien Dance Studio
12:30pm-1:45pm	Samba!	E. Seche	Spurrier Dance Studio
8:00pm-9:00pm	Hip-Hop	J. Levy Jr.*	SPAC

### THURSDAY, MARCH 16

11:05am-12:20pm	Beginning Contemporary Dance	S. Coolidge*	Spurrier Dance Studio
12:30pm- 1:45pm	Beginning Dance Technique	A. Harris Wilcox*	Spurrier Dance Studio

### FRIDAY, MARCH 17

10:30am-11:45am	Koru Mindfulness Class #1: Belly Breathing, Dynamic Breathing & Body Scan	D. Corea*	ZOOM Register: <a href="https://tinyurl.com/inspireKORU">https://tinyurl.com/inspireKORU</a>
12:00pm-1:15pm	Experiencing Qi Gong	R. Loughridge*	Spurrier Dance Studio
1:25pm-2:40pm	Horton Technique	C. Mahon	Spurrier Dance Studio

### SATURDAY, MARCH 18

3:00pm-6:30 pm	Celebrate Nowruz, Persian New Year		MAG Auditorium
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### SUNDAY, MARCH 19

6:00pm-7:00pm	"The Weight of Water"	R. Beauchamp*	SPAC- Smith Theater
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### MONDAY, MARCH 20

6:30pm-7:45pm	Dances of the Middle East	D. Young*	Spurrier Dance Studio
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### TUESDAY, MARCH 21

9:40am-10:55am	Int. and Adv. Contemporary Dance	T. Warfield	Spurrier Dance Studio
5:00pm-6:30pm	Dances of Universal Peace	J. Leff	Spurrier Dance Studio

### WEDNESDAY, MARCH 22

10:25am-11:40am	Jazz Dance: Context & Practice	C. Johnson*	O'Brien Dance Studio
2:00pm-3:15pm	Intro to Yoga	R. Cohen	Spurrier Dance Studio
4:50pm-6:20pm	Capoeira	T. Russell*	Spurrier Dance Studio

### THURSDAY, MARCH 23

8:00pm-10:00pm	Inspire Student Showcase		SPAC-Smith Theater
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### FRIDAY, MARCH 24

10:30am-11:45am	Koru Mindfulness Class #2: Walking Meditation and Gatha Meditation	D. Corea*	ZOOM Register: <a href="https://tinyurl.com/inspireKORU">https://tinyurl.com/inspireKORU</a>
3:30pm	Lighting Design Workshop	E. Stork	SPAC
7:30pm-10:30pm	inspireJAM (Registration 6:30-7:15pm)	All-Styles Battle	Leibner-Cooper Room

### SATURDAY, MARCH 25

All Day	RIT Hip-Hop Camp		RIT
	Velocity: <a href="https://campusgroups.rit.edu/PerformingArts/rsvp_boot?id=2001107">https://campusgroups.rit.edu/PerformingArts/rsvp_boot?id=2001107</a>		
	Shaheem Sanchez: <a href="https://campusgroups.rit.edu/PerformingArts/rsvp_boot?id=2001121">https://campusgroups.rit.edu/PerformingArts/rsvp_boot?id=2001121</a>		

### SUNDAY, MARCH 26

All Day	RIT Hip-Hop Camp		RIT
	Will Young Hip Hop: <a href="https://campusgroups.rit.edu/PerformingArts/rsvp_boot?id=2001108">https://campusgroups.rit.edu/PerformingArts/rsvp_boot?id=2001108</a>		
	Julia Nguyen Hip Hop: <a href="https://campusgroups.rit.edu/PerformingArts/rsvp_boot?id=2001154">https://campusgroups.rit.edu/PerformingArts/rsvp_boot?id=2001154</a>		
5:30pm-7:00pm	Contact Improvisation Jam	R. Beauchamp*	SPAC-Smith Theater

**MONDAY, MARCH 27**

9:15am-10:15am	High School Day- Warm up and Improvise!	M. Steele*	Spurrier Gym
9:15am-10:15am	High School Day-Yoga	M. Pfohl Smith*	Sloan Studio, Todd Union
9:15am-10:15am	High School Day- Morning Mobility	A. Harris Wilcox*	SPAC Lab
10:25am-11:40am	High School Day- Contemporary Dance	R. Beauchamp*	Sloan Studio, Todd Union
10:25am-11:40am	High School Day- Jazz Dance	C. Johnson*	Leibner-Copper Room
10:25am-11:40am	High School Day- West African Dance	K. Bangoura*	Spurrier Gym
11:40am-12:30pm	Lunch – HS Students only	Admissions	Spurrier Gym
12:30pm-1:45pm	High School Day- Contemporary Dance	A. Harris Wilcox*	Leibner-Cooper Room
12:30pm-1:45pm	High School Day- Contact Improvisation	R. Wood*	Spurrier Dance Studio
12:30pm-1:45pm	High School Day- West African Dance	K. Bangoura*	Spurrier Gym
2:00pm-3:15pm	Intro to Yoga	R. Cohen	Spurrier Dance Studio

**TUESDAY, MARCH 28**

6:45pm-8:15pm	Sansifanyi West African Dance and Drum Ensemble	K. Bangoura*	Spurrier Dance Studio
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**WEDNESDAY, MARCH 29**

10:25am-11:40am	Yoga II	H. Acomb*	Spurrier Gym
3:25pm-4:40pm	West African Dance: Context & Practice	K. Bangoura*	Spurrier Dance Studio
7:15pm-8:15pm	RESPONSE	BIODANCE & Greg Woodsbie	SAGE Art Center

**THURSDAY, MARCH 30**

12:30pm-1:45pm	Climate Interventions Class	R. Beauchamp*	Todd Union
1:00pm-1:45pm	RESPONSE	UR Faculty & Ossia New Music Ensemble	Frontspace
7:30pm-10:30pm	Florencia en el Amazonas- Eastman Opera		Eastman Kodak Hall

**FRIDAY, MARCH 31**

10:30am-11:45am	Koru Mindfulness Class #3: Guided Visualization & Labeling Thoughts Meditation	D. Corea*	ZOOM Register: <a href="https://tinyurl.com/inspireKORU">https://tinyurl.com/inspireKORU</a>
4:30pm-5:30pm	RESPONSE	N. Hughes	Hartnett Gallery
7:30pm-10:30pm	Florencia en el Amazonas- Eastman Opera		Eastman Kodak Hall
8:00pm-10:00pm	S.E.E.D. Student/Faculty Concert		SPAC

**SATURDAY, APRIL 1**

7:30pm-10:30pm	Florencia en el Amazonas- Eastman Opera		Eastman Kodak Hall
8:00pm-10:00pm	S.E.E.D. Student/Faculty Concert		SPAC

**SUNDAY, APRIL 2**

2:00pm-4:00pm	S.E.E.D. Student/Faculty Concert		SPAC
2:00pm-5:00pm	Florencia en el Amazonas- Eastman Opera		Eastman Kodak Hall

University of Rochester Program of Dance and  
Movement & the International Culture and Arts  
Network present:

# Nowruz Persian New Year

March 18, 2023 ~ 3:00-6:30 PM

Memorial Art Gallery Auditorium  
500 University Ave. Rochester, NY 14607

Informative scholarly talks, live music and dance, a  
special chamber orchestra performance, beautiful  
display of symbols of Spring and Nowruz. Traditional  
Nowruz tea and cookies reception to follow.

This event is **FREE** to all

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The event is co-sponsored by UR Humanities Project, UR Interfaith Chapel, the UR Persian Student Association, the Paul J. Burgett Intercultural Center, and the Office of Jeffrey Runner, Dean of the College of Arts, Sciences & Engineering.

# THE WEIGHT OF WATER

A MULTIMEDIA DANCE PROJECT

A COLLABORATION BY

ROSE PASQUARELLO BEAUCHAMP · ANDREA GLUCKMAN · SOMA MEI SHENG FRAZIER · PAUL LEARY



SUNDAY, MARCH 19 · 6PM

SMITH THEATER, SLOAN PERFORMING ARTS CENTER  
UNIVERSITY OF ROCHESTER

\$15 GENERAL PUBLIC · FREE WITH A UR ID  
SPONSORED BY THE PROGRAM OF DANCE + MOVEMENT

 inspire  
**DANCE** Festival



UNIVERSITY OF ROCHESTER'S 11TH ANNUAL

# INSPIREDANCE

FRIDAY MARCH 24 2023-7:30PM

PRIZE

**\$350 CASH**

REGISTER TO BATTLE  
6:30-7PM \$10 CASH

STRICTLY 2V2



TICKETS ONLINE  
OR AT THE DOOR  
FREE FOR UR & RIT  
STUDENTS WITH ID  
\$5 GENERAL PUBLIC



JUDGES:

VTL

T.E.I.N

R-LO

WITH

DJ HA-MEEN

MC BBOY GREAZE

CYPHER TO FOLLOW

LOCATION:

LEIBNER-COOPER ROOM, GOERGEN ATHLETIC CENTER

IN COLLABORATION WITH

**RIT'S HIP-HOP DANCE CAMP**



This event is sponsored by the UR Program of Dance and Movement; the Office of Jeffrey Runner, Dean of The College in Arts, Sciences, and Engineering; College Diversity Roundtable; Paul J. Burgett Intercultural Center; and the Frederick Douglass Institute for African and African-American Studies.

FOR MORE INFORMATION VISIT [WWW.SAS.ROCHESTER.EDU/DAN/NEWS-EVENTS/INSPIREDANCE/INDEX.HTML](http://WWW.SAS.ROCHESTER.EDU/DAN/NEWS-EVENTS/INSPIREDANCE/INDEX.HTML)  
<https://www.eventbrite.com/cc/inspiredance-festival-university-of-rochester-1878369>

The Program of Dance and Movement presents:

# S.E.E.D.

**Spring Explorations and Experimental Dances**

**Friday, March 31 @ 8pm**

**Saturday, April 1 @ 8pm**

**Sunday, April 2 @ 2pm**

**Sloan Performing Arts Center- River Campus**

**Featuring work by:** Rachel Bast, Luiza Gruel Budet, Emily Butler, Roni Kirson, Summer Koltay, Stella Lempert, Julia Martin and Glory Linebach, George Mechalke, Missy Pfohl Smith (Faculty), Reece Stallwitz, Ezra Tock, Quinn (Wanqing) Yu, Doris (Yuehan) Zhang

**Free with UR ID**  
Tickets \$10 for  
general public

For more information visit  
<http://www.sas.rochester.edu/dan>

 **inspire**  
**DANCE** Festival

Photo by Annette Dragon



## **inspireDANCE Master Classes & Events:**

### **Wednesday, March 15**

#### **Intermediate/ Advanced Ballet**

**11:50am-1:05pm**

Practice and performance of classical and contemporary ballet with a contemporary approach in order to serve the dancer of any style of movement. Within the ballet form, classes will explore efficiency of movement, breath, anatomical mechanics, strength, alignment and through-line, weight, rhythmic accuracy, clarity of space, shape and effort, and somatic practices to develop and improve technical skills.

**Alaina Olivieri** is a freelance performer, collaborator, movement artist, dance educator, and mother of five. She is an active member with Rochester based dance companies BIODANCE (Missy Pfohl Smith) and HadCo. (Eran David P. Hanlon). She also frequently performs with Commotion Dance Theater and Daystar Dance. Alaina has been a guest choreographer and instructor for the Ballet Ensemble of Hobart and William Smith Colleges, Guest Ballet instructor at Hobart and William Smith Colleges, co-curator of the Vision of Sound New Music and Dance Concert series, guest instructor for the Environmental Studies Summer Youth Institute, and an adjudicator for NDEO's National Dance Honor Society. She performs locally and nationally in festivals, theaters, galleries, and universities, and appears in photography and dance on camera. Alaina has been teaching dance for over 20 years, and is currently the director of The Ballet School of St. Peter's Community Arts Academy (Geneva, NY) where she enjoys teaching movement to people of all ages.

#### **Samba!**

**12:30pm-1:45pm**

Samba is an old Brazilian style of dance with many variations, is African in origin. It has been performed as a street dance at carnival, the pre-Lenten celebration, for almost 100 years. Many versions of the Samba (from Baion to Marcha) are danced at the local carnival in Rio. There are differences between carnival samba and ballroom samba.

**Euridece Seche** was born and raised in Cape Verde Islands. She earned a Masters in Education and Bachelors degree in Dance. Seche co-directed Akoma N'Toaso African Dance Company for 13 years. She also traveled and competed with Author Murray Dance Studio in Rochester before she had two beautiful children.

#### **Hip-Hop**

**8:00pm-9:00pm**

This beginner level dance course introduces the fundamental values, practices and movements of hip-hop dance. This course will focus on foundations and origins of hip-hop and street dance culture, and how each relates to today's current definitions of hip-hop and freestyle dance. The class will be explored through lecture and conversations, as well as movement participation by the students with choreography instruction and freestyle drills led by the instructor, plus related video and/or reading assignments as they pertain to each week's lesson. Students will be challenged and encouraged to apply historical and practical knowledge of hip-hop in order to understand its influences on the world around them.

**James Levy Jr. (T.E.I.N.)** is a Hip Hop/Funk Styles dancer, teacher, and performer from Buffalo, New York. He has been a part of the dance community for 15 years. Including teaching university level courses and battling across the country and out of the country. Sharing and exchanging through teaching, competing, and community outreach, he hopes to continue bringing a positive and uplifting energy to those around him through the education of dance and culture.

### **Thursday, March 16**

#### **Beginning Contemporary Dance**

**11:05am-12:20pm**

Focus is on contemporary dance, a form that is an evolving exploration of expression through movement. It will blend the challenges of full-bodied, momentum-driven dancing with a sense of one's own self-awareness and discovery. Through rigorous dancing, move beyond not only physical, but also artistic boundaries and dimensions.

**Sarah Coolidge** (she/her), is an interdisciplinary dance artist and educator currently based in Rochester, NY. She holds an MFA in Interdisciplinary Arts from Goddard College and BA in Dance from Marymount Manhattan College, and is also a certified Pilates instructor with a specialization in dancers. She has spent her professional career in higher education creating work, teaching dance technique (modern, jazz, ballet) and conditioning courses, and working with student-athletes to improve their athletic performance as well as prevent and overcome injuries. Sarah's research focuses on dancer wellness: examining the ways in which sleep, rest, and food practices affect the physical and mental capabilities of the dancer, as well as the direct impact those decisions have on the creative process.

## Beginning Dance Technique

12:30pm-1:45pm

Introduction to dance technique, specifically in Jazz, Ballet and Contemporary Modern Dance. Emphasis will be on the development of basic skills, energy, strength, control, breath, alignment, continuity and connectivity, and rhythmic and bodily awareness. No prior training is necessary or expected.

**Anne Harris Wilcox** (MFA, NYS K-12 certification) is a full-time associate professor at the University of Rochester where she teaches and choreographs for the Program of Dance and Movement. She serves as the community engagement liaison for the dance program and is on the Rochester Center for Community Leadership's Capstone Committee. She is the founder and director of, *Present Tense Dance*, a contemporary dance company she ran from 1991-2016.

## Friday, March 17

### Koru Mindfulness Class #1: Belly Breathing, Dynamic Breathing, and Body Scan

10:30am-11:45am

Koru Mindfulness Class #1: Belly Breathing, Dynamic Breathing and Body Scan

Pre-registration is required through Koru Mindfulness [Course ID 241625](#).

Once registered you will receive an email before class with the Zoom link and be able to download the free Koru Mindfulness App courtesy of UR's Mindful University Project.

**Debra Corea** is dedicated to bringing curiosity and awareness to the nature of mind along with the experience of residing in a human body in her courses within the Mind-Body Somatics Cluster (Embodied Resourcing Through Somatic Practices, Into the Present Moment, and Living Anatomy, Living Yoga). She is a certified Koru Mindfulness teacher offering courses through UR's Mindful University Project and is on the MUP Advisory Committee. She is an authorized Continuum Movement® teacher, and is on the faculty of Open Sky Yoga Therapy Training. Introduced to yoga and meditation in 1973, Debra began to deepen her engagement at Open Sky Yoga in 1990. Through exposure to Deborah Raoult's teaching of prenatal yoga, Body-Mind Centering® and Continuum Movement®, she became enamored by somatic exploration, going on to study with the visionary somatics pioneer, Emilie Conrad. As a student of François Raoult, Debra has been immersed in many dimensions of yoga, completing several yoga teacher trainings (ETT, Pranayama, Advanced Relax and Renew®, Yoga for Scoliosis at Open Sky Yoga; YTT, Insight Yoga, Integrative Restorative (iRest) Yoga Nidra at the Kripalu Center). Debra received her RYT-500 upon graduating from Spirit Rock's Mindfulness Yoga and Meditation Training in 2013. One of Debra's greatest pleasures was to accompany Thich Nhat Hahn, her most influential mindfulness teacher, on a pilgrimage in the footsteps of the Buddha in northern India.

## Experiencing Qi Gong

12:00pm-1:15pm

Qi Gong is a Chinese internal art, an early forerunner of Tai Chi, which embodies a holism of traditional Chinese medicine principles, mindfulness practices, and fitness exercises for maintaining wellness and a healthy lifestyle. It provides ways for the dancer and athlete to nurture better breathing, achieve physical and mental balance, and cultivate harmonious energy flow. Participants will learn the cultural background and movement fundamentals for the popular Eight Section Brocade Qi Gong Form (*Ba Duan Jin*) and also an exercise for relaxing the body, breathing, and mind

**Robert Loughridge** has been an instructor at the University of Rochester in the Program of Dance and Movement since 2001 teaching courses in T'ai Chi and Qi Gong. He earned a B.A. in English from Alfred University and has a M.A. in English from SUNY Brockport. Bob began his study of T'ai Chi and Qi Gong with Dr. Chunlei Lu, a Chinese National Scholar and continues to pursue his studies by attending workshops with a variety of recognized T'ai Chi practitioners including Chen Xiaoxing, Yang Yang, Zhu Tiancai, Chen Ziqiang, Ren Guang Yi, Jiang Jian-Ye, Tim Cartmell and others. In addition to his study of Taijiquan, his martial arts background of over 35 years includes advanced black belt levels in Isshin Ryu Karate and Tae Kwon Do. He has also participated in master classes with dance instructors including Simone Forti, Sean Curran, Nancy Stark Smith, Bill Evans, and others. He is especially interested in introducing students to the idea of the "Scholar Warrior", as expressed in the saying "One's martial achievement lies in the cultural and one's cultural achievements lie in the martial." and embodied in the ideal of achieving mastery through an integration of many arts including brush painting and calligraphy, poetry, music, philosophy, martial arts, sport, and dance.

## Horton Technique

1:25pm-2:40pm

**CAITLIN E. MAHON** (she/her) grew up attending Holbrook-Wade School of Dance in Oneonta, NY where she studied Dunham and Horton technique. Mahon graduated Magna Cum Laude from The College at Brockport State University of New York with her Bachelor of Science degree, and Honors College degree, in Dance, Environmental Science and Political Science in 2014 and earned her Master of Fine Arts in choreography and performance in 2017. In 2013 Mahon interned at the World Wildlife Fund Conservation Science Network in Washington, D.C. after performing conservation work in Auckland, New Zealand. Mahon is currently a professor of dance at Nazareth College. Mahon has also been a professor at: The University of Wisconsin Milwaukee, Syracuse University, Hobart and William Smith Colleges, Wells College, The College at Brockport, and Guest Artist Choreographer at Nazareth College (2019 and 2020). Due to her choreographic and political research, Mahon was nominated for membership to the UNESCO International Dance Council in 2017. She continues to be an advocate for interdisciplinary programming and has served on The

College at Brockport's Interdisciplinary Committee for the Arts, Humanities, and Social Sciences School under the direction of Dr. Darwin Prioleau. She continues to be fueled by the interdisciplinary nature of her interests and degrees of study. Mahon was awarded the University of Wisconsin Milwaukee Faculty and Staff Development Award (2019) and The Distinguished Professor Graduate Student Research Award (2017) for her choreographic and theoretical research on re-defining the modes of peaceful embodiment through the lens Krumping. This research was influenced by her appointment as co-artistic director —alongside Master Khalid Saleem— of the SANKOFA: African Dance and Drum Ensemble (2015). Additionally, Mahon has been a panelist at the Somatic and Performance Conference (2019)— African Diasporic Dance Education Makes Us Better Humans. Mahon has presented her choreography at: the Vision of Sound (2022), Somatic and Performance Conference (2022), Movement and Dance Festival (2022), NYC Center for Performance Research (2019), NYC Mark Morris Center for Dance (2017), various colleges, has set work on HAPPENDance Dance Company of Lansing, Michigan (2017) and was selected to perform a solo in the WOMEN'S WORK Festival in Detroit, MI (2020). Mahon is excited to share her passions and interests with future communities, dancers, and students through the vehicle of MAYHEM//dance— which has been under her artistic direction since 2017. Everybody is a body and moving bodies make meaning.

### **Saturday, March 18**

#### **Celebrate Nowruz, Persian New Year**

**3:00pm-6:30pm**

In collaboration with International Culture and Arts Network (ICAN)/Shahin Monshipour. Live music and dance, lecture, poetry, language, culture, Haft seen, Persian sweets and more! Free and open to all.

### **Sunday, March 19**

#### **"The Weight of Water"**

**6:00pm-7:00pm**

A multimedia dance project from collaborators Rose Pasquarello Beauchamp, Andrea Gluckman, Paul Leary and Soma Mei Sheng Frazier, featuring dance, video projection, poetry, live interactive electronic music and Leary's seven-foot musical wheel.

### **Monday, March 20**

#### **Dances of the Middle East**

**6:30pm-7:45pm**

In Arabic, Shaabi means "of the people". This genre became popular around the 1970's. It was essentially Egyptian street music for the working class, and wasn't recognized by the Egyptian state, but was incredibly popular with the locals. Shaabi has evolved over the years, and the music can be about politics, people's daily lives, love, revolution, or just having a good time. Shaabi dance is loose, flirty, playful and earthy. Since it evolved from Baladi music and dance, it has strong folkloric stylings. Above all, you will have a fabulous time dancing to upbeat, energetic music and learning a new type of dance, along with the history and cultural aspects of it! **Dylaina Alexandria Young** has been dancing since childhood. She is professionally trained in Ballet and Modern Dance, however, her passion and area of concentration since 2003 has been in Middle Eastern Dance, or Belly Dance, as it is commonly referred to in the West. She is a graduate of the esteemed Bard College, with a dual concentration in Modern Dance Choreography and Performance, and Music Composition and Performance. Dylaina grew up in Allegany, NY, but moved to Rochester in 2008. She began teaching and performing Belly Dance around 2006, and since then has traveled or studied online with many professional Belly Dancers, such as: Sadie, Nourhan Sharif, Aziza, Amanda Rose, Anjelica Scannoura, Ketu Sharif, Joana Saahirah, Mohamed Shahin, Irina Akulenko, Nisaa, Nada El Masriya, Eva Cernik, Cassandra Fox, George Sawa, and Amar Gamal of the Belly Dance Superstars. She is level one Raqs Flow certified with Sadie Marquardt, and level two certified in Mahmoud Reda Folkloric Technique with Doaa Sallam and Nada El Masriya. Dylaina has performed all over the United States and Canada, both Belly Dancing and singing, playing guitar, and dancing with Enchante Cabaret, a dinner theater ensemble. She currently performs in Rochester and surrounding areas, and has even had the honor of dancing with the popular world fusion music group Beats Antique. She is a master of Belly Dance props such as the Wings of Isis, Cane Dancing (Raqs al Assaya), Shamadan (Candle Dancing), Veil, and Sagat (Finger Cymbals).

### **Tuesday, March 21**

#### **Intermediate and Advanced Contemporary Dance**

**9:40am-10:55am**

Continuing technical development and comprehension and integration of theory into practice is the focus in this course. Students will practice contemporary dance experientially through examining dance concepts influenced by Laban/Bartenieff theories and by exploring complex choreographic combinations. Classes will explore continuity and connectivity, patterns of total body organization, efficiency of movement, momentum, musculo-skeletal anatomy, strength, alignment, weight sensing, rhythm and somatic practices to develop and improve technical skills. We will also investigate subtlety and individual expression in performance.

**Anne Harris Wilcox** (*See Bio Above*)

## Dances of Universal Peace

5:00pm-6:30pm

We will celebrate the season with Dances and walks of the Elements, dances based on traditions and from around the world, all celebrating the spirit of renewal and growth. These are easy to learn circle dances and chants from around the world. All are welcome. **Jim Leff** is a long-time leader of the Dances of Universal Peace in the Rochester area.

## Wednesday, March 22

### Jazz Dance: Context & Practice

10:25am-11:40am

This course is open to beginning & intermediate level jazz dancers and will include an in-depth exploration of vernacular jazz movement and its relationship to jazz music. Through inter-active discussion, movement, and research we will investigate the context, history, applications, and societal impact of jazz dance in America and throughout the world. Technique classes will blend full-bodied momentum-driven dancing with subtlety, rhythmic challenges, and self-expression. Emphasis will be on a working knowledge of the elements of jazz, embodiment of rhythm, accent, dynamics, and disciplining the body to move with clarity and sound anatomical principles. A range of styles of jazz music will be used for performing class sequences and improvisations. Reading, writing, video viewing, class discussions, and attendance at live concerts will hone skills of observation, movement analysis and interpretation of jazz dance.

**Cheryl Johnson** has performed off-Broadway, at international dance festivals, in music videos, TV specials, nightclubs, and touring dance companies. In Seattle, she was the dance consultant to the Jimi Hendrix Museum: Experience Music Project and an ambassador of rhythm tap dance hosting festivals, master classes, educational programs, and creating choreography for musical theater and the concert stage. In NYC, she was a member of Gail Conrad's Tap Dance Theatre, Jerry Ames Tap Dance Company and performed as a pioneer dancer for the original creation of MTV. In Rochester she has enjoyed gigs with the likes of the Vision of Sound Concert Series, Bill Evans Dance Company, NYS Dance Force Duets Concerts, and the NYC New Mix Festival. Ms. Johnson is a dance educator at University of Rochester, College at Brockport, Nazareth College, and Hochstein School of Music and Dance. She has been awarded choreography grants for her Experience Music approach to Percussive Expressionism. Ms. Johnson earned a BA in Dance Theatre from SUNY at Buffalo and has had the great privilege of honing her craft with tap masters such as Charles 'Cholly' Atkins, Brenda Bufalino, Gregory Hines, Arthur Duncan, Dianne Walker, Steve Condos and the Nicholas Brothers.

### Intro to Yoga

2:00pm-3:15pm

Yoga is defined as union, the uniting together of ourselves in all aspects- body, mind, heart, spirit. This class introduces the student to a hatha yoga method which integrates a dynamic and engaging approach to living through practicing on and off the mat. The goal of this class is to learn how to create a deeper, more enlivened relationship to ones self through honoring ones abilities and limitations, while growing ones skills and sensitivity in the supportive environment of the class community. Students will engage with principles of attitude, alignment and action in a full range of hatha yoga poses, breathing techniques, readings on yoga philosophy, reflection, journaling and discussion. Through this ongoing process, students of yoga are encouraged to cultivate a more expansive and clear perception of self and others.

**Rebecca Cohen:** Drawing on her 25 years of experience, it's effortless for her to creatively sequence any type of class. She teaches a Jivamukti and Ashtanga inspired vinyasa class as well as therapeutic classes designed to rebalance the body, mind, and spirit. Rebecca is a registered yoga teacher at the experienced advanced level (ERYT500) level and a certified yoga therapist registered with the International Association of Yoga Therapists (CIAYT).

### Capoeira

4:50pm-6:20pm

Deeper study of Capoeira. This second level will find students continuing to build strength, coordination, rhythm, and balance. Students will also become further involved with the instrumentation of Capoeira. Readings and discussions will explore into historical events and look at Capoeira and it's Afro-Brazilian spirituality, liberation and cultural revolution throughout the ages. Each class involves daily physical and music training.

**Todd Russell:** Born in Buffalo, New York, Todd Russell has studied capoeira for the past 15 years. Russell graduated from Capoeira Mandinga, under the supervision of Mestre Marcelo Pereira, in the first international capoeira event; taking place in August of 2006 in Ubatuba, Brazil. Russell has been promoting and presenting capoeira through performing, teaching and providing his knowledge and expertise within this Brazilian art. In October of 2004, he founded the Academia com Expressão, a professional company for capoeira that has performed and offered workshops throughout the United States and abroad, including classes within the Department of Movement and Dance at the University of Rochester; working with Sankofa in Brockport, NY; Pixar Animation Studios in Berkeley, CA; and various groups in Brazil, Japan and China. Russell currently holds classes throughout the year within the greater Rochester area.

**Thursday, March 23****Inspire Student Showcase****8:00pm-10:00pm**

In collaboration with the Dance Council, featuring University of Rochester's diverse student dance groups. Free to all!

**Friday, March 24****Koru Mindfulness Class #2: Walking Meditation and Gatha Meditation****10:30am-11:45am**

Pre-registration is required through Koru Mindfulness [Course ID 241625](#).

Once registered you will receive an email before class with the Zoom link and be able to download the free Koru Mindfulness App courtesy of UR's Mindful University Project.

**Debra Corea** (*See Bio Above*)

**Lighting Design Workshop****3:30pm**

**Emily Stork's** lighting designs for theatre, dance, opera, puppetry and performance art have been seen worldwide, including festivals in Italy, France, Scotland, and Israel and in the U.S. at places as diverse as PS 122, Dance Theatre Workshop, the Cherry Lane Theatre, the Public Theater, La Mama, St. Ann's Warehouse, the Walker Arts Center, the Institute of Contemporary Art in Boston, the National Museum of the American Indian, On the Boards, the Experimental Media and Performing Arts Center in Troy, NY, Lincoln Center and on the side of a building in Rochester, NY.

**inspireJAM All Styles Battle****7:30pm**

Judges:

**R-Lo** is a southern tier NY artist and dancer with over 14 years of experience in street styles fore fronting in breaking.

**Elton Ward** is an active curator and ambassador for the Rochester dance community. He has been dancing for 12 years in various styles, including Tutting, Waving and Krump. Elton has also acquired an Associates in Visual Arts from Monroe Community College, before he dedicated himself to personal and artistic growth. On that journey, he has had the honor of participating in NYS Dance Challenge, World Of Dance, Battle Fest, StepUp Dance Competition, King of the Ring, Rochester' Annual Fringe Festival Show "Late and Live" and Puerto Rican Festival to name a few. With these experiences, Elton is on a mission to spread awareness through krump by empowering and exciting the inner city youth. He currently offers classes at Studio 19, Sweetz Dancer and RocDanceFit, both group and private classes are available.

**James Levy Jr. (T.E.I.N.)** is a Hip Hop/Funk Styles dancer, teacher, and performer from Buffalo, New York. He has been a part of the dance community for 15 years. Including teaching university level courses and battling across the country and out of the country. Sharing and exchanging through teaching, competing, and community outreach, he hopes to continue bringing a positive and uplifting energy to those around him through the education of dance and culture.

**DJ ha-MEEN (aka Ben Ortiz)** lives in Ithaca, NY where he rocks dance floors of all stripes with his unique blend of classic Hip Hop, Soul, R&B, Salsa, Boogaloo, Dancehall, Bboy/Bgirl Breaks, and other miscellaneous funkiness. When not DJing, he works as the Assistant Curator of the Cornell Hip Hop Collection ([preservinghiphop.org](http://preservinghiphop.org)).

**MC Brendan "Bboy Greaze" Tom** has over 15 years of involvement in the breaking scene as a competitor, instructor, and event promoter. Greaze became involed in the WNY dance scene starting in 2010 as a board member of The University at Buffalo's breakdance club. In 2013, Greaze founded the Floor Fetish Crew. Floor Fetish Crew has hosted a number of jams in the NYC metro area, most notably "Prove Your Groove" and "Urban Styles". Greaze continues to remain involved in the bboy community and the Floor Fetish Crew will be bringing a new event called "Breaks & Brews" to Buffalo, NY this spring.

**Saturday, March 25****RIT Hip-Hop Camp****All Day**

Velocity: [https://campusgroups.rit.edu/PerformingArts/rsvp\\_boot?id=2001107](https://campusgroups.rit.edu/PerformingArts/rsvp_boot?id=2001107)

Shaheem Sanchez: [https://campusgroups.rit.edu/PerformingArts/rsvp\\_boot?id=2001121](https://campusgroups.rit.edu/PerformingArts/rsvp_boot?id=2001121)

**Sunday, March 26****RIT Hip-Hop Camp****All Day**

Will Young Hip Hop: [https://campusgroups.rit.edu/PerformingArts/rsvp\\_boot?id=2001108](https://campusgroups.rit.edu/PerformingArts/rsvp_boot?id=2001108)

Julia Nguyen Hip Hop: [https://campusgroups.rit.edu/PerformingArts/rsvp\\_boot?id=2001154](https://campusgroups.rit.edu/PerformingArts/rsvp_boot?id=2001154)

**Contact Improvisation Jam****5:30pm-7:00pm**

## **Monday, March 27 High School Day**

**Warm-Up and Improvise**, M. Steele\*

**9:15am-10:15am**

**Yoga**, M. Pfohl Smith\*

**9:15am-10:15am**

**Missy Pfohl Smith** is a choreographer, performer and collaborative artist who directs the Program of Dance and Movement and the Institute for the Performing Arts at University of Rochester and is artistic director for the collaborative company, BIODANCE, based in Rochester, NY. She enjoys creating site specific work such as three acclaimed full-evening length shows *Anomaly*, *Labyrinth* and *The Fragile Corridor* crafted for a 4 story planetarium in collaboration with media artist W. Michelle Harris, dancers, composers and musicians. Her choreography, performance and teaching has spanned across the US and internationally, most recently in Greece, Finland, Scotland and Germany. Before returning to Rochester in 2004, Missy was based in NYC for 12 years and performed and taught internationally with Randy James Dance Works and Paul Mosley, as well as apprenticing for the Erick Hawkins Dance Company. As an educator, Smith specializes in contemporary modern dance, community-engaged work, yoga, composition and performance studies and has earned her certification in Bill Evans Somatically-based Pedagogy. Missy earned her MFA from Sarah Lawrence College and her BS from The College at Brockport and has received a variety of grants for her work.

**Morning Mobility**, A. Harris Wilcox\*

**9:15am-10:15am**

**Contemporary Dance**, R. Beauchamp\*

**10:25am-11:40am**

**Jazz Dance**, C. Johnson\*

**10:25am-11:40am**

**West African Dance**, K. Bangoura\*

**10:25am-11:40am**

**Contemporary Dance**, A. Harris Wilcox\*

**12:30pm-1:45pm**

**Contact Improvisation**, R. Wood\*

**12:30pm-1:45pm**

**West African Dance**, K. Bangoura\*

**12:30pm-1:45pm**

## **Intro to Yoga**

**2:00pm-3:15pm**

Yoga is defined as union, the uniting together of ourselves in all aspects- body, mind, heart, spirit. This class introduces the student to a hatha yoga method which integrates a dynamic and engaging approach to living through practicing on and off the mat. The goal of this class is to learn how to create a deeper, more enlivened relationship to ones self through honoring ones abilities and limitations, while growing ones skills and sensitivity in the supportive environment of the class community. Students will engage with principles of attitude, alignment and action in a full range of hatha yoga poses, breathing techniques, readings on yoga philosophy, reflection, journaling and discussion. Through this ongoing process, students of yoga are encouraged to cultivate a more expansive and clear perception of self and others.

**Rebecca Cohen** (*See Bio above*)

## **Tuesday, March 28**

**Sansifanyi West African Dance and Drum Ensemble**

**6:45pm-8:15pm**

Sansifanyi is an ensemble that provides various performance opportunities both on and off-campus for intermediate and advanced students of African dance & drumming. Instructor Kerfala Bangoura trains ensemble members in a performance style that integrates dance, drumming, vocal song, and narrative elements. Dancers who enroll in Sansifanyi will learn choreographic techniques for West African dance and gain experience dancing as soloists. Dancers will also learn focus on rhythmic timing and on drumming while dancing. Drummers enrolled in Sansifanyi will learn extended percussion arrangements and techniques for accompanying choreography. They will also learn how to play the breaks required of lead drummers.

**Kerfala Bangoura:** Born in Conakry, Guinea, master drummer and dancer Kerfala Bangoura began his professional career in 1990. He has performed with numerous private ballets in Guinea, including the Macaca Ballet, Kounkoré Bamba Ballet, and Ballet Fareta, where he received his attestation and diploma – a certification of artistic excellence – in both drumming and dance, enabling him to work with the national performing ensembles of Guinea. Named “Master Drummer” by the Guinean Ministry of Culture in 2008, he was a featured djembe soloist for two of Guinea’s national groups, Percussions de Guinée and Les Ballets Africains, for over 8 years. Since his arrival in the United States in the spring of 2009, Kerfala has worked extensively as a performer and educator. He has taught at the University of Oregon and the University of Rochester, as well as numerous classes, workshops, and performances at elementary, middle, and high schools in Portland, Oregon. With his performing group, Mounafanyi, he opened Portland’s African Film Festival in 2010, and has also won a grant from Portland’s Regional Arts and Culture Council (RACC). Currently, Kerfala teaches at the University of Rochester, leading a percussion ensemble in the music department, as well as teaching dance classes in the Program of Dance and Movement.

## **Wednesday, March 29**

**Yoga II**

**10:25am-11:40am**

In this course, students with prior yoga and/or dance experience will learn how to refine their skills through a continued exploration of asanas, pranayama, philosophy, and meditation. We will explore a more rigorous vinyasa flow practice, resulting in students developing more clarity regarding alignment, breath support, core aliveness, and, ultimately, body/self-awareness. While this is an individualized practice, the importance of community will be emphasized throughout as students share aspects of their practice with each other. Readings, discussion, and reflective writing are inherent to deepening one's practice.

**Heather Acomb** is a dance educator and yoga practitioner originally from the Rochester, NY area. In her modern dance classes, she enjoys exploring the intersection of dance and yoga on both physical and philosophical planes. Her hatha yoga classes invite all levels of movers into the practice with a focus on breath, body awareness, mind-body connectivity and honoring the individual self while playfully enjoying being in the present moment. She has held several full and part-time teaching positions at colleges and universities in the Rochester area. Heather performs locally on a project basis with Biodance, electric GRIT/Rose Pasquarello Beauchamp, and Heather Roffe Dance. She has performed nationally and had her work shown in venues such as Jacob's Pillow Dance Festival, Core Project/Going Dutch, Rochester Fringe Festival, WAX Works, and Midwest RADFest. She holds an MFA in Dance from The College at Brockport, is an RYT@500, has toured nationally with the Bill Evans Dance Company, and is a certified Evans Technique teacher, Pilates mat instructor, and Holistic Health Practitioner, specializing in nutrition and natural healing. Heather is also an advocate for organic farming and sustainable living. She works on organic farms locally and in Hawaii.

### **West African Dance: Context & Practice**

**3:25pm-4:40pm**

Experience dancing African styles from traditional cultures of Guinea, West Africa, as well as studying cultural history and context from which and in which they are practiced and performed. Technical emphasis will focus on musicality and complex choreographic arrangement. Students will practice dances and drum songs. Required outside work includes performance attendance, video viewing, text and article analysis, research and written work.

**Kerfala Bangoura** (*See bio above*)

### **RESPONSE**

**7:15pm-8:15pm**

RESPONSE Dance/Visual Art Improvisations by professional artists and faculty. A series of different movement artists will respond improvisationally to visual art works in galleries around campus. Registration not necessary.

RESPONSE website: <https://www.sageart.center/response>

### **Thursday, March 30**

### **RESPONSE**

**1:00pm-1:45pm**

RESPONSE Dance/Visual Art Improvisations by professional artists and faculty. A series of different movement artists will respond improvisationally to visual art works in galleries around campus. Registration not necessary.

RESPONSE website: <https://www.sageart.center/response>

### **Climate Interventions Class**

**12:30pm-1:45pm**

This humanities course based in the arts combines the study of performing, visual arts and new media with history and theory to convey a breadth of stories about the human experience of climate change. In this interdisciplinary, collaborative course, students will be introduced to the multi-faceted use of the arts in designing for and expressing a vision for a sustainable future. Working with community partners, our research and story collection in the Adirondack park will be used to inspire projects in the course. Collaboration, design thinking, and the iterative design process will be used to produce performances and art work that respond to the stories of the changing climate in the Adirondack park. It will move through multiple units of theoretical study as students simultaneously work on their creative projects. The course will include an optional trip to the Adirondack Park to engage with our community partners.

**Rose Pasquarello Beauchamp's** choreographic work with inFluxdance and SirensProof Films has been featured internationally for the past 14 years and continues to flourish with electricGrit dance. She has been selected for multiple residencies and performance projects across the country. In 2012 her work was highlighted in an art installation centering around Dance and Social Change at the Rochester Contemporary Art Center. Between 2016-2021, her work has toured to various festivals including Assemble Festival in Detroit, MI, Southern Vermont Dance Festival, Richmond Contemporary Dance Festival, Rochester International Fringe Festival, MAD Festival, Vision of Sound, and Dances at MuCCC. Most recently, she was selected as the recipient of the 2020 Western NY Choreographers' Initiative Award, sponsored by NYS Dance Force. Rose is co-founder of Artists Coalition for Change Together (ACCT), an organization founded in 2016 as a way to engage dancer-citizens in Rochester and beyond. In 2017, she received a grant from the Rochester Center for Community Leadership to spearhead an initiative using dance to foster collaborative relationships across various communities. Since then, her work as a community-engaged educator and artist has deepened. She teaches with a focus on the dancer-citizen and creates with an emphasis on community engagement. Rose continues to perform and present her

creative research internationally with a focus on dance as an agent of change. Currently, she is exploring metaphor as it relates to socio-political art making and bodies of resistance. She is an associate professor at the University of Rochester in the Program of Dance and Movement.

### **Florencia en el Amazonas- Eastman Opera**

**7:30pm-10:30pm**

#### **Friday, March 31**

### **Koru Mindfulness #3: Guided Visualization and Labeling thoughts Meditation 10:30am-11:45am**

Pre-registration is required through Koru Mindfulness [Course ID 241625](#).

Once registered you will receive an email before class with the Zoom link and be able to download the free Koru Mindfulness App courtesy of UR's Mindful University Project.

**Debra Corea** (*See bio above*)

### **RESPONSE**

**4:30pm-5:30pm**

RESPONSE Dance/Visual Art Improvisations by professional artists and faculty. A series of different movement artists will respond improvisationally to visual art works in galleries around campus. Registration not necessary.

RESPONSE website: <https://www.sageart.center/response>

### **Florencia en el Amazonas**

**7:30pm-10:30pm**

Eastman Opera- Eastman Kodak Hall – choreography by Anne Harris Wilcox

### **S.E.E.D. Student/Faculty Concert**

**8:00pm-10:00pm**

Featuring faculty and student choreography and performance.

#### **Saturday, April 1**

### **Florencia en el Amazonas**

**7:30pm-10:30pm**

Eastman Opera- Eastman Kodak Hall – choreography by Anne Harris Wilcox

### **S.E.E.D. Student/Faculty Concert**

**8:00pm-10:00pm**

Featuring faculty and student choreography and performance.

#### **Sunday, April 2**

### **S.E.E.D. Student/Faculty Concert**

**2:00pm-4:00pm**

Featuring faculty and student choreography and performance.

### **Florencia en el Amazonas**

**2:00pm-5:00pm**

Eastman Opera- Eastman Kodak Hall – choreography by Anne Harris Wilcox

## **Acknowledgements**

Missy Pfohl Smith, Festival Director, sincerely appreciates the time and effort of the Festival Planning Committee including Deborah Dowd, Anne Harris Wilcox, Rose Pasquarello Beauchamp, Mariah Steele and the Dance Council: Katrina Schmier, Laura Loveland, Sammy Bauer, Leanna Birsner, Vera Blackford, Brooke Devendorf, Sally Gill, Mary Halvorsen, Kendal Jordan, Roni Kirson, Stella Lempert, Sonia Panjwani, and Amy Xu. Special thanks to Ozioma Jatto, Zoeya Garcia, Glory Linebach, and Hannah Shanley for administrative support and to Jeannette Colby for helping us with registration and letting the community know all about these exciting events! This event is sponsored by the UR Program of Dance and Movement; the Office of Jeffrey Runner, Dean of The College in Arts, Sciences, and Engineering; International Culture and Arts Network and Shahin Monshipour, College of Diversity Roundtable; Paul J. Burgett Intercultural Center; UR Admissions Office and the Frederick Douglass Institute for African and African-American Studies.

We are grateful to all of the guest teachers, artists, and faculty for inspiring us, teaching us and encouraging us. We also thank all the student dance groups for participating in the festival with vibrant performances and for their love of dance!

Keep moving and dancing!  
Missy Pfohl Smith, Director

The **Program of Dance and Movement** at the University of Rochester is committed to offering experiential and theoretical study of dance and movement practices that honor and inform the whole person. Through diverse dance techniques and contemplative practices from all over the world, this unique program explores dance and movement as art, as spiritual practice, as community building, and as personal and interpersonal development.

We would like to extend our sincere appreciation to Dr. Rene and Iris Sevigny and Robert Rene Sevigny, and Brent G. Orcutt and Enid Knapp Botsford Orcutt for their generous Endowed Fund for Dance. We welcome tax deductible contributions in any amount as this support makes special programming as well as educational enhancement possible for our students and community. For more information, visit [www.sas.rochester.edu/dan/about/giving.html](http://www.sas.rochester.edu/dan/about/giving.html)

#### **Faculty & Staff**

Missy Pfohl Smith, Director; Deborah Dowd, Administrative Assistant;  
Rose Pasquarello Beauchamp and Anne Harris Wilcox, Associate Professors;  
Mariah Steele, Assistant Professor

#### **Part-Time Faculty**

Heather Acomb, Kerfala "Fana" Bangoura, Jan Cook, Sarah Coolidge, Debra Corea, Ripp Greatbatch, Cheryl Johnson, James Levy, Robert Loughridge, Alaina Olivieri, Seth Reiser, Todd Russell, Katrina Scott, Cloria Sutton-Dowdell, Roy Wood, Dylaina Young and William Young



**The Program of Dance and Movement offers a BA in Dance with two concentrations, Creative Expression & Performance and interdisciplinary Dance Studies. It also offers a minor in dance, a minor in movement studies, 4 clusters and various electives. For more information, visit [www.sas.rochester.edu/dan](http://www.sas.rochester.edu/dan)**